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Health

A Journal Devoted to Healthful Living

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EDITORIAL

The New Year

THE New year has dawned and our 'Health' has entered on its thirteenth Birthday on the 1st of January 1935, when the whole world is in laughter and merriment, when the gloom of the past is forgotten and a bright future is hoped for. Hope is a curious commodity. It rises eternal in human breast and but for this, mankind will for ever be sunk in sorrow and writhed in wretchedness. About this time last year, we gloated over our prosperity in spite of depression but to-day we have to tell a different tale. And that is, no perceptible advance was made in the number of our readers. We are unable to account for it. Does depression tell? No, that can't be. For, depression is fast vanishing and everywhere we find now heavy purses and cheerful faces. Have people then grown weary of 'Health'? That can't be either. For, our 'Health' is a perennial spring wherefrom, health thoughts will be sprouting eternally and it will be always pleasant to drink from that spring. May it be our own fault, in not being able to cater to the tastes of our subscribers? Perhaps. We have been at considerable pains to search for the cause, for any deflection or deviation from our policy but we are unable to detect any. We continue to write about health, about diseases, about public-health organizations and about public health politics, in the same strain as hithertofore. We know that individual tastes differ. Some want health politics to be eschewed. Some require 'Health' to treat about diseases and their prevention merely. Some are interested in knowing about the recent advances in Medical Science and the new diseases that invade us. Some like to know how the world

depression has affected our health or the unemployment problem has undermined the physiques and morale of our youths. In dealing with all these topics, we are confident we have satisfied all tastes. We had dealt with that widely prevailing scourge, Small-Pox and with the new and unexpected invader, Cerebro-Spinal Meningitis, in our editorial last year. The venereal problem, malaria, common-cold and other diseases which we encounter in our day to day existence had not been lost sight of. The health problems that were discussed last year including the maternity and child-

welfare problems are too many to find a place in this short review. With regard to advancement in medical science, the Bacteriophage theory, which is reputed to have conferred immunity on the water of the Holy Ganges and the Test Tube Children stand out prominently. On social questions and health politics, we had the satisfaction of acquainting our readers with the Housing Problem in Madras, the Madras Slums and the Unemployment Problem. The report of the Rockefeller Foundation, a world-wide health and social service organization, formed the subject of one of our Editorials. Thus, we are satisfied that our policy has not been swerved from. It is for our readers, then, to point out wherein the defect lies and help us to improve the journal. We do not, however, despair. There is still hope left in us and we are sure that this temporary phase in the progress of 'Health' will soon vanish and our 'Health' will soon gain strength and march on to its ultimate goal of securing good health and longevity to its votaries.

WE WISH YOU ALL A HAPPY, HEALTHY AND PROSPEROUS NEW YEAR.

Exercising for Health and Beauty

By

EDWARD PODOLSKY, M.D.,

Brooklyn, New York.

WHEN a woman, or a man for that matter, reaches forty there is a tendency to limit necessary physical activity, to restrict muscular play and exercise. A certain amount of physical motion is necessary to maintain a reasonable degree of health. In youth the muscles are given free play. Muscle movement and action is physically and mentally exhilerating. It gives a person a sense of being alive. The real reason for youthful figures is muscle play and movement. Firm, pliable muscles of arms and legs and abdomen gives youth its characteristic plasticity.

When with the passing of the years physical activity is neglected one of the first changes noted is the loss of plasticity. The muscles become stiff and unpliable, and one feels one's age. The youthful figure is next gone. The muscles become flabby and weak. And yet, with a reasonable amount of not too strenuous exercises much can be done to regain the youthful figure, and what is even more important, to improve one's health.

Before embarking upon a course of exercises it is best to find out just what you are capable of doing at the present time. The first thing to do is to test out your joints and power to push, pull or turn; your strength, reach, scope and range of movements. First go through these preliminary try-outs.

Try-outs.—Lie on the floor and go through a series of natural movements.

That is, see how far you can extend your legs; how far you can stretch your arms. Try to raise your body on head and buttocks, like a bridge. Later rest on head and heels to test the strength of your back.

Then lie face downward; rest on hands and raise the head backward till you can see the ceiling. Put it down and raise again, turn face far toward one shoulder. Put it down and raise again and turn to other shoulder. Repeat this several times. Then sit up—knees open—heels touching. Clasp hands on back of head and bend, trying to touch one elbow to the space between the knees. Raise the head and repeat, the elbow touching several times.

This tests the flexibility of your back, neck and shoulders. Repeat this daily till you can readily touch. Do this two or more times daily. Add to this later a far backward bending of the head against the pressure of your clasped hands.

Then sit on a chair without arms, facing the back, like riding a horse. Clasp hands on top of head, grip the chair with the knees so as to fix the hips and buttocks. Then turn to the right and hold at full tension, two seconds. Note that the only place the backbone can rotate is at the waist line and neck. It is very important that it shall turn and turn completely for the well-being of the abdominal organs.

Ladies of Mitchan getting ready for a net-ball Match.
Their youthful beauty, they can retain by exercise even in old age.

After these preliminary exercises to limber up the muscles you should be ready for the more vigorous types of muscle movement. Here is a very effective regime to regain something of the youthful figure.

Exercises for Regaining the Youthful figure.—One of the simplest and most

effective of movements is carried out as follows: Lie on your back, clasp hands over the top of the head, pull chest far up, and at the same time inhale. Then kick out in the air one leg and then the other. Exhale as slowly as possible while kicking out, till you blow out the air. Then rest and repeat. These motions are of special value in strengthening the abdominal walls both the front and rear ones.

Another exercise for the same purpose is the following: Kneel in front of the side of the bath tub, grasp it and repeat neck and head stretching and turning. Then while holding on to this, stoop and rise. Squat on your heels and rise to tip toe several times, till the hip joints move freely. A good object to hold is an open door. Clasp one handle on one side and the other on the other side. Stoop and rise, thrusting out one leg front, then back, then far to the right and the other leg front, then back, then far to left, alternating. At the same time thrust the head back and to each side.

To gain an erect posture the following series of simple movements will help a great deal. Stand facing a mantelpiece on top of a chiffonier; cross the forearms, rest elbows and forearms on top, and make pulling movements with the arms as though you would lift your body till the legs bear only half your weight. At the same time forcefully pull your shoulders down. Also while doing this turn the head back forcefully while pulling, first all one way, then to the center and all the other way. This can be combined advantageously with a knee bending movement.

Get down on your hands and knees; rest the hands, extending all fingers is best, thrust one leg far backward then sway up and down and loosen the hip joints. Then thrust the other leg back, repeat. This is a very effective way of getting rid of some of the excess fat around the waist line.

Desk stretchings: a similar effect may be obtained by standing in front of a desk, pull one foot up and bend forcefully forward three times. Try to bend forward farther each time. Shift and bend the other leg. Pull in the belly wall at the same time. This is very valuable for displacements of the female organs which give rise to so much pain and discomfort.

Another invigorating movement to attain a feeling of bodily exhileration is the following: Lie down on your back, place your fingers on the abdominal wall where your intestines are and push in gently; then pull forcefully in and up. Then repeat this on another part of the abdominal wall, pushing and pulling. Repetitions of these in and out thrusts and withdrawals give powerful pumping of the blood, body juices, intestinal contents and gives one powerful abdominal muscles.

The following has also been recommended to strengthen weak, flabby belly muscle and even to overcome the tendency to a hernia. Lie on your back; feet are placed twenty inches apart. Raise the head two inches from the pillow; thrust both arms to one side, with increasing force. Then bring both arms back to the chest. Then thrust both hands far out to the other side. Repeat five or six times. Rest. These movements

tend to slenderize the waist line as well as strengthen the abdominal muscles.

These exercises need not be done every day. A rational number would be three to four times a week. As results are manifested the number may be reduced. Once having attained what we have set out for the next thing to do is to keep it. Giving up all exercises after having regained one's youthful figure will nullify all that had been done to attain it. Every normal person should exercise at least once a week, better twice a week. Flabby and relaxed muscles are not possible when they are properly exercised at regular intervals, and loss of muscular plasticity is surely one of the first signs of approaching age. There are men and women at eighty who are still youthful looking because they know how to keep their muscles in good working order and in good tone. They know how and when to exercise.

Relieving Painful Periods by Exercise.—After forty when a woman approaches the change of life period there is very apt to be a number of painful monthly periods. The usual way to treat these is by opiates and other pain-killing drugs, but at best the effect is temporary. A London woman doctor has devised a series of exercises which have proved very successful in relieving and abolishing painful monthly periods.

1. *Floor polishing.*—Kneel on all fours. Swing right arm, with elbow stiff, through a semi circle, as if polishing the floor, reaching as far forward and as far back as possible. Repeat swing ten times with each arm.

2. *Bending.*—Stand with feet apart. Stretch arms above head, bend forward and touch ground with knees straight. Return to first position. Repeat slowly eight times.

Twisting—Stand with feet apart. Stretch arms to side on level with the shoulders. Twist trunk around until right arm points directly backwards. Twist again until left arm points directly backwards. Repeat vigorously ten times.

Swaying.—Stand with feet apart. Stretch arms above the head. Sway body and arms to right and then left. Repeat slowly ten times.

3. *Rowing.*—Sit on floor with knees straight and feet pressed against the wall. Lean forward and touch wall with the knuckles, allowing knees to bend slightly. Repeat rhythmically ten times.

4. *Right to left and left to right.*—Stand with feet apart. Swing right arm up as far as possible. Bend down bringing right arm over and touch the left foot. Repeat six times. Do the same with the left arm and right foot.

5. *Floor Patting.*— Kneel sitting back on heels. Twist body and tap floor with both hands four times on the left side. Kneel upright. Twist body and repeat tapping on right side. Repeat eight times on each side.

6. *Bean Picking.*—Throw twenty small objects, such as beans, on the floor. Pick up one at a time and place on a shelf above the head, using hands alternately. Do this as quickly as possible.

If the exercises as above outlined are repeated during the painful period much relief will be obtained. This relief will be permanent, and drugs will not be necessary.

Within late years doctors have devised a series of exercises to increase the strength of the heart. When one realizes that heart failure and heart weakness becomes a serious consideration as one grows older, it is encouraging to know that by exercising it is possible to increase the efficiency and strength of the heart. The heart is a muscle, and like any other muscle, it can be strengthened by the proper exercises.

Even women with heart disease may benefit from exercising. As a matter of fact, certain exercises are recommended to strengthen the diseased heart. There is no danger if the exercises are carried out according to instructions, even if the heart is very weak.

Strengthening the Heart by Exercising.—There are two types of exercises to increase the strength of the heart. There is the mild form and the energetic type. The mild form of exercise is that which stimulates the heart's activity only moderately and over long periods of time. Dr. Schott has devised a series of mild exercises for strengthening the heart which has been used and is being used with considerable benefit. The exercises are as follows:—

1. Raise the arms slowly outward from the side until they are on a level with the shoulders. After a pause they are slowly lowered.

2. Incline the body sideways as far as possible toward the right and then toward the left.

3. Extend one leg as far as possible sideways from the body, the exerciser steadying herself by holding on to a chair. The leg is then dropped back. The same movements are repeated by the other leg.

4. Raise the arms in front of the body to a level with the shoulders and allow them to drop again.

5. Rest the hands on the hips, bend the body forward as far as possible, and then raise to the upright position.

6. Raise one leg with the knee straight forward as far as possible, then bring back. Repeat with other leg.

7. With the hands on the hips, twist the body around as far as possible to the right, and then again to the left.

8. With the hands resting on a chair and the back stiff and straight, raise one leg as far backward as possible. Repeat with the other leg.

9. Make fists, and extend arms outward, then inward at the level of the shoulders.

10. Raise knee as far as possible to the body, extend leg. Repeat with other leg.

11. With fingers extended, extend arm outward, then inward at the level of the shoulders.

12. Bend leg backward from the knee and then straighten. Repeat with other leg.

13. Bend and straighten each forearm from the elbow.

14. Bring the arms from the sides forward and upward then downward as far as they will go, the elbows and hands being straight.

15. Bring the arms to a level with the shoulders and then bend from the elbows inward and extend.

16. With the arms in front at a level of the shoulders and the hands stretched open the arms out sideways and bring them together.

17. Bend the arms from the elbows, lift them outward and extend.

The exercises described above are of the very mildest variety. The next type of rather mild exercises consists in walking, short rounds of golf, croquet playing and other games which do not require too strenuous activity. The energetic type of exercise is most important. It should be tried only after the milder forms of exercises have been gone through and thoroughly mastered. Exercises with dumb bells, stair climbing, rope skipping, running in place, hopping, and all calisthenic exercises in which the body trunk is moved widely are the ordinary forms of energetic exercises useful to strengthen the heart. A good form of energetic exercise and very easily carried out consists of swinging a dumbell (varying from one to fifteen pounds in weight) between the feet in an arc up and above

Girl athletes in Prague giving a display of physical exercises.

the head and repeating without a pause; flexing the forearms alternately, with a dumb bell in each hand, while sitting or standing; and pushing two bells alternately above the head are the three most useful movements. Each period of exercise should vary from between five and twenty movements.

After each period the exerciser should rest until she is sufficiently refreshed.

Exercising actually benefits the heart by flooding the heart muscle with pure, fresh blood. In this way more nourishment is brought to the heart and greater quantities of waste matter carried off. When the nutrition of the heart is improved the heart muscle fibres are increased in strength, and this strengthens the entire heart muscle. These properly graded exercises will bring about an increase in heart reserve power both in people with heart disease and those with normal hearts.

Curing constipation with exercises.—The constipated bowel is essentially an uneducated bowel. It seems to have lost its ability to respond to normal stimuli to empty it of the undesirable waste material. It must be re-educated. The intestines are composed of many little muscles, longitudinal and round muscles, and as all muscles are benefitted by the proper exercises, so are the intestines.

There are two forms of exercises for the bowels: passive and active. The passive group consists of massaging the abdominal muscles. Several years ago Dr. Sahli introduced the cannon ball method of abdominal massage. This consists of rolling a cannon ball or other heavy ball weighing from three to five pounds and covered with flannel along the course of the colon, from the right side of the lower abdomen to the left lower side of the abdomen. This is repeated from thirty to sixty times every morning upon arising.

The more popular form is active exercising. There is quite a variety of these. One that is easily carried out consists of raising the right knee from a standing position, clasping it with locked hand and pressing it into the abdomen. Lower the knee and repeat. Another: Bend the body far downward, doubling the body forward as far as possible keeping the hands between the thighs, and the knees only slightly bent. The arms are kept straight while doing this exercise. Still another consists of bending diagonally forward from a standing position, pressing into the abdomen against the liver with the right hand, then go forward and downward. In raising to the erect position suddenly release the pressure of the right hand. Alternate in bending diagonally to the left.

Other simple but effective exercises to re-educate the constipated bowel are: Lying flat on the back cross hands over the abdomen, raise head and shoulders then lower and repeat. Do this for ten times. At the finish of the exercise hold the head and shoulders up and with the edges of the hands lightly tap the abdomen and lower ribs. Another variety: Lying flat on the floor, elbows at the sides, with hands clasped behind the head, raise the left leg and at the same time the head and shoulders are raised, and touch the left knee with the right elbow. Lower and repeat. Still another variation consists of: Lying on the back, bring knees up and clasp; while exhaling draw them down while raising the head, extending it as far as possible toward the knees. Then relax, inhale and repeat.

The Importance of Breathing Exercises.—Breathing exercises are particularly valuable after forty because proper breathing means proper lung aeriation.

Keeping the body supplied with oxygen not only helps to improve almost every bodily function but it imparts a sense of well being as well. To breathe properly is to speak and sing properly. The tone of voice has been improved by the proper breathing exercises. All singers are taught how to breathe properly.

Breathing exercises are very simple to carry out. Stand with the feet at right angles, the heels together, the knees in extension, the abdomen drawn in, the neck held straight, the head high, the mouth closed, the eyes directed forward and slightly upward, the shoulders held back, with the arms hanging naturally and the fingers extended. Then breathe in deeply and exhale fully. From sixteen to eighteen respirations a minute are the proper amount.

A variation of this breathing exercise consists of rising on the toes and raising the arms at the side to the level of the shoulders while taking a deep breath. Then while exhaling lower the heels and lower the arms to the sides. A still further variation consists of rotating the arms outwards, carrying the shoulders back and at the same time taking a deep breath. Then bring the arms back to position and exhale.

Exercising in many instances proves far more valuable than medicines. The human body is composed in great part of muscles which must be given free play at intervals if they are to be kept in good working order. Inaction results in loss of suppleness, in flabbiness and if carried to extremes in loss of function. It is not necessary to exercise daily and vigorously in order to keep in good health, but a reasonable amount of muscle play at certain regular intervals is really a requisite. After forty most women, and most men, tend to become inactive, too inactive, and this inactivity results in loss of well-being. Exercising after forty in judicious doses is even more important than before forty.

Our Precious Teeth

By

R. L. SONI, M.B.,B.S.

Paungde, Burma.

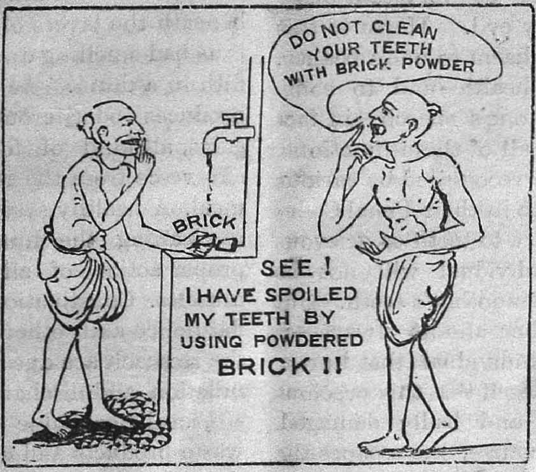
TEETH form an essential ornament of human face. These not only add grace to the mouth but also contribute substantially to the beauty of the face as a whole. A mouth with broken and half-broken teeth is a mouth full of foul smell that will tax the patience of even the nearest friend or relation: an adult mouth without teeth is a face devoid of beauty.

Face contributes so very largely to the beauty and charm of an individual that it would not be wrong in popular language to say that " face is the index of beauty" and here one can confidently add that dental factor is an important link in the chain of individual beauty. Naturally so pearly teeth have been the pet theme of novelists and poets of all ages.

Ladies know the value of their teeth. Some cinema stars prize them even to the extent of getting them insured. So it is quite clear that teeth are an important natural ornament of beauty. But it is not all. This function is so to say merely a bye-product. There are other real functions for which teeth have been essentially evolved.

What are those?

Teeth help the maintenance of health. Source of all strength is food and food to be useful must become part of the body. Before food can become part of body it has to pass through various processes. First it is to be taken by the mouth, then it is to be swallowed, it is to be digested in the stomach and intestines, through the intestines it is to be absorbed and reaching the blood it is to circulate through the whole body supplying nourishment to even the remotest nook and corner. This last phase is the real function of the food—it is as it were food served to the individual cells. All the other processes are preparatory stages for this service. And it is clear this preparation begins in the mouth. It is said 'well begun is half done' and this saying is nowhere more true than here. In this perfect Mill of Nature, the teeth break out and grind, the tongue helping as a cautious stoker and the saliva brings about a mechanical softening and beneficial chemical changes. The result is a soft bolus which is easily swallowed and joyfully received by the stomach. This bolus is the source of health and the preparation of the bolus is impossible if most or all of the teeth are broken, painful or shaky. If rough and unbroken food is swallowed stomach either takes it reluctantly or vomits it out and the result is bad absorption of food and so poor health.



So a good set of clean teeth is a real contribution to health.

Conversely a bad set of teeth is a clear invitation to ill health.

A bad set acts as a slow factory of those dangerous poisons which create oral sepsis—an important subject in itself, and the cause of many remote sufferings.

Proper mastication or chewing of food is the most important function of teeth and teeth are utilized for this purpose by all the teeth-bearing animals. Animals are rarely seen to abuse this good function: it is perhaps left to man alone to abuse it and to abuse it very thoroughly. The serious consequences are also obvious and the penalty in the form of pain and disease quite big.

There is another duty for the teeth to perform and that is peculiar to mankind (or better, is developed in man). Man is a talking animal and teeth make an important contribution to speech. There are some important letters of the alphabet *e.g.*, t, d, th, dh, etc., which can only be pronounced if front teeth be intact; some sounds can

only be pronounced if teeth be present. Absence of teeth in the baby and the aged, has at least something to do for the difference in their voice. Thus teeth are important organs of phonetics.

In fine it is clear that a good set of natural teeth is :—

1. An ornament of Natural beauty,
2. A source of Health, and
3. A contribution to normal speech.

Beauty, Health and Normal speech make life a joy. A good set of natural teeth is a very valuable human possession which should be very cautiously guarded from any evil. Harm to this precious gift is a harm to one's beauty, harm to one's health and to some extent harm to one's speech—in fact harm to one and all of these functions. This fact is even recognised by various Governments who in their Penal Codes classify any injury to teeth as grievous hurt. So an individual will not be easily led to hurt another's teeth. But more often—rather almost always—it is not another individual that hurts: it is mostly by oneself that this precious gem is abused and badly damaged. In this case, of course, one escapes the penal award but the penalty in other ways is no less. Ugly mouth and dirty foul breath together with pain in mouth and teeth is the first penalty: remote sufferings in the way of indigestion, irregular bowels, depression of spirits, rheumatic aches and pains in body, and the like sooner or later follow. Dirty teeth may lead to dirty throat or dirty ears and in some cases may even poison blood and heart. Any way the penalty is great. But, fortunately, the evil is avoidable. We can very easily avoid or prevent this evil only if we learn that simple technic which goes by the name of 'Oral Hygiene'. In fact it behoves us all to learn it and practise it with religious devotion. Any doctor or dentist can teach it.

Clean Bowels

By

R. RAJAGOPALAN, B.A.

THE digestive organs in a human system may be aptly compared to an underground drainage. The matter beneath the layers of muscle and skin is as bad smelling and as nasty as the filth in a drain. As a stagnant drain produces odoriferous and poisonous gases, all kind of foul-smelling gases effervesce from the remains of a past meal. A healthy system is very regular in cleaning the human drainage by proper action of all the nerves and muscles. Constipation, indigestion and flatulence and other allied diseases of the stomach are due to defective assimilation and discharge.

Flatulence is due to stagnation of waste products and undigested food in the stomach. The gases, which evolve out of it are carbon dioxide and marsh gas. One magazine reported the case of a man with a chronic windy stomach, causing a great explosion in a cinema hall by belching while lighting a cigarette. The cigarette was blown out to the far end of the hall. This shows the presence of marsh gas in the stomach. While a bull with a bloated belly was being relieved of its inconvenience by the insertion of the stomach-tube, a witty veterinary surgeon lighted the end of

the tube and lo! there was a blue flame-indication of the presence of marsh gas! Everyone would have felt the taste and smell of rotten egg or rotten cocoanut in the mouth while having a bad stomach. In such cases the bowels should be cleaned and moderate diet should be consumed.

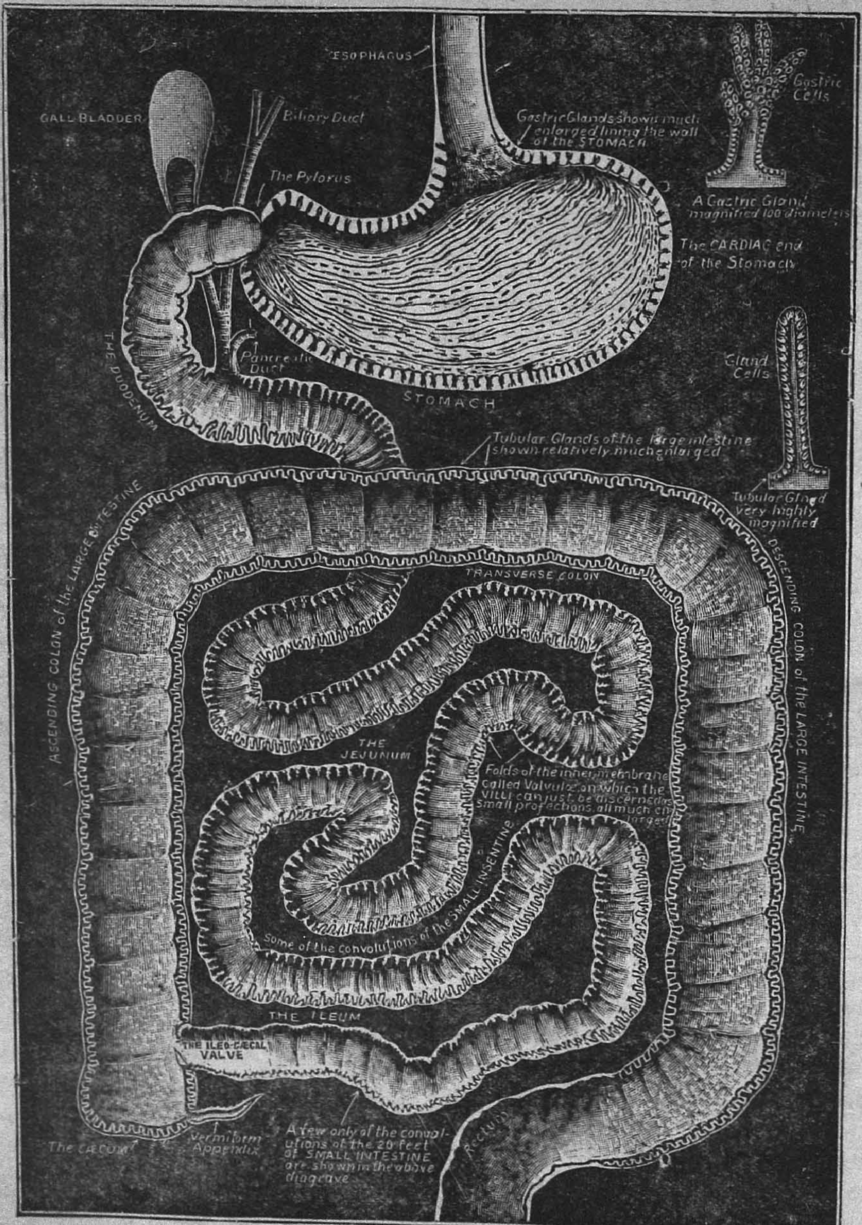
Indigestion is caused by malnutrition and defective assimilation. Defective assimilation is caused by overeating and overworked digestive system. If nature cure is preferred to drugs the best course is to fast for a day or miss one meal and adjust the diet. Whether young or old the night meal must be light. A heavy midday meal will easily be digested by the day's work. During night the whole system takes rest and naturally the digestive organs also work sparingly. Another explanation is that digestion takes quickly to compensate the loss of energy caused by work during day time. During sleep no energy is lost and the system requires no replenishing. A chappathi or two with fruits and a cup of milk form a healthy and palatable diet for the night.

Constipation is the root cause of many diseases. It is due to lack of function of the abdominal muscles and want of concentration of the nerves. The natural manipulation of the intestines to move the waste matter towards the mouth of discharge—the anus, is lacking in such a case. The action of night pills and laxatives is to stimulate these organs and bring about an effect which nature has failed to do. In certain cases even these laxatives have no effect. Moreover the constant use of these aperients become a habit and the action of the bowels is gradually lost. Natural methods must be adopted which though at the beginning may not prove helpful will at the end rectify the defect. A cup of cold water before going to bed and on an empty stomach on rising relieves constipation generally. Second essential is to make it a habit whether called by nature or not to visit the bath room the first thing in the morning. The environment of the latrine brings the will into play and this produces an unfailing result. In due course the intestines get active and strong and the process of evacuating the bowels becomes natural.

There are three natural methods for cleaning the stomach. The first requires the help of appliances, the second and third are natural. While the second can be practised by all, the third can be done by very few.

The use of enema is well-known. Adopting the "body-knee" position, which consists in bending on knees and raising the anus up, insert the end of the rubber tube into the anus and allow lukewarm water to fill the stomach. When enough water has entered shut the tube and remove. In a minute or two the water with the waste matter rushes out. The disadvantage of this remedy is that this also becomes a habit. Enema must not be used in a weak state and on a heavy stomach.

The second practice is the one advocated by yogis. Drink a pint of cold water little by little whether you like it or not. While drinking, take a mouthful, draw the stomach in and then bulge out and then take another



The Stomach and Intestines.

mouthful and so on. Thus repeat many times. First there will be a solid motion. Repeat the process once again and a liquid motion will be the result. Repetition for third time will produce a watery motion and now the bowels have been properly cleaned. This remedy should be resorted to in the morning on an empty stomach.

The third method is also practised by yogis. In Yoga it is called "Udhyayana". This consists in sitting naked in a tub of water and drawing the stomach in as far as possible, when vacuum is created.Slowly bulging out the stomach, water rises in through the anus. Again drawing the stomach in the pressure causes the water to come out. This process can well be compared to that of an ink-filler.

Taking a physical culturist's point of view, all disorders of the stomach are due to lack of exercise to the muscles of the abdomen. One authority says, "Man is mortal and the most mortal part of him is his belly. Sagging internal organs result in constipation". The sagging of the belly is due to weak abdominal muscles. Exercises to that part strengthen it and as a result the muscles become taut and consequently the organs are kept compact. Every sedentary man must have some kind of exercises for the rectus abdominus muscles. For instance a simple and effective exercise will be this. Lie flat on your back on a level ground with the hands stretched by your sides. Concentrate on the muscles of the abdomen and rise up slowly to the sitting position. Again assume the original pose and repeat the exercise ten times.

A healthy constitution rarely requires such practices. Assimilation and discharge are the true signs of health. Plenty of exercises and intelligent moderation of diet keeps the system healthy. Bad odour from the mouth and skin, rugged complexion, are the outward signs of a bad stomach. Clean bowels keep the body pure and mental purity is the outcome.

Water One of Nature's Greatest Healers

By

FRED B. MOOR, M. D.

PHYSIOLOGICALLY, water is absolutely essential to life. It makes up over 80 per cent of the blood, and enters into the formation of all the tissues and cells of the body. In it, as a medium, the chemical processes of the body occur. Water carries food from the digestive organs to the body cells, and waste material from the cells to the kidneys. It is a major factor in the control of body temperature, and the fever of disease can be maintained at a lower level by a copious water intake. This is in marked contrast to the old idea of giving fever patients no water.

When externally applied, water has equally marked physiological effects. In a hot bath at 110° F. the body temperature of a human being can be raised from the average normal mouth temperature of 98.6° F. to 104° F. Accompanying this rise in temperature

there is a marked increase in the oxygen intake; an increase in the pulse rate; a primary rise in the blood pressure, with later a fall; an increase in the respiration, with an increase in the alkalinity of the blood; and an increase in the number of the white blood cells, the fighters of the body. Under the influence of this hot bath the muscle strength is decreased and the individual is fatigued.

The Roentgen ray has demonstrated that hot compresses applied to the abdomen lessen contraction in the gastro-intestinal tract, thus relieving

Water as a healer. Hot foot-bath.

pain due to excessive peristalsis. The promiscuous application of heat to the abdomen in the presence of pain of unknown origin, however, is dangerous; a definite diagnosis should first be made.

It can be shown with the electrocardiograph,—an instrument for depicting the character of the heartbeat,—that the ice bag applied to the skin area over the heart produces a definite increase in the strength of the contraction of the heart muscle.

The morning cold bath, shower, or friction, taken in a warm room, increases the oxygen intake, stimulates the circulatory system and stimulates the nervous system, thus increasing muscle tone and power to do work and rendering mental processes more active. It also increases the number of white blood cells, the fighters of the body, and insures the body against exposures to cold which may give rise to infections of the respiratory tract. Most of these effects can be demonstrated in the laboratory.

There are few diseases in which the use of water is not of great value either internally or externally or both. In acute infectious fevers water given internally aids in keeping the body temperature at lower levels. Externally, the cold bath, the cool sponge, or the wet sheet pack lower the temperature; but, what is much more important, they support the circulation by their stimulating action upon the nervous system and in this way prevent circulatory failure, which is a common cause of death in some of the acute fevers, especially in pneumonia.

In 1860 Brand of Germany introduced the use of the cold bath in the treatment of typhoid fever. Since that time the death rate from this disease has been reduced more than 50 per cent where the cold bath has been utilized. In the pneumonias, water both internally and externally has proved to be of great value, resulting in a low death rate, especially in the broncho-pneumonia of children. The free use of water internally and externally reduces the complications and mortality from influenza. If the patient is confined strictly to bed, is given an abundance of water to drink, and

proper water treatment to the body surface, pneumonia should be a rare complication of the disease.

Acute local infections, so-called "blood poisoning" are successfully treated by the proper application of water. The treatment must be prescribed to suit the individual case, but when correctly done the results are highly satisfactory, and even sometimes truly spectacular. Certain specific local infections, such as erysipelas and some of the skin infections, are better treated by ultra-violet radiation.

Hydrotherapy has come to be a standard treatment in hospitals for the insane. The commonest use of water in these institutions is the continuous flowing bath, which has a remarkably quieting effect upon the nervous system of excited maniacal patients.

Water has been found to produce excellent results in the treatment of a variety of chronic diseases. Lowman and others have developed a system of under-water exercise and muscle training which has received wide recognition in the treatment of the after effects of infantile paralysis. Patients with paralyses of muscles are placed in a pool of water at a comfortable temperature. The water gives buoyancy to the body, thus rendering exercise to the weakened muscles much less fatiguing. A muscle which is too weak to produce movement of a part may be able to do so with the aid of the buoyancy imparted by the water, and may thus be built up by carefully graded exercise. The method has been found to give the maximum improvement of which the patient is capable outside of surgical procedures.

Space does not permit of discussion of a number of other chronic diseases in which water treatment is of great value, such as diseases of the gastro-intestinal tract, the kidneys, the circulatory system, and the muscles, bones, and joints.

Properly used, the physical agents are invaluable in the treatment of disease. They augment the normal physiological processes which have to do with recovery. They do not cure everything;but in conjunction with other recognized methods of treatment they contribute much to man's battle against disease.-*The Oriental Watchman.*

ON CHILDREN'S QUARRELS

Mrs. Garst observes: "It is most comforting of all to remember that most quarrels are evidences of family growth. It is the mother's nervous irritation that makes them a festering sore point. When quarrels do arise, let her take them casually and humorously, and they will evaporate".

Hindu Confinement-Room Methods and Modern Methods

By

Dr. N. C. Dutta.

Among Hindus there is a system of confinement room rules for mothers. After delivery all Hindu Women are especially confined in a house from a week to a month according to the custom of the society or family rites. During this time the mothers must observe all the rules and regulations until they receive further information from the Brahmins. This period of confinement is stated by Brahmins to be a period of imperfection for both mother and child. Imperfection is not really the correct term as, according to Vedas or Hindu holy books, this period is one of isolation and not of imperfection, but due to the incorrect teaching of the Brahmins the common idea has grown that a woman is impure during this period, whereas from the original words of the holy book she is only isolated for the good of herself and infant. Thus it will be seen that our modern confinement room methods are similar to the ideas given in the holy books, as we keep the woman isolated in a quiet room for a few days after the birth so that she may fully recover her strength, and also in order to rest the involuting uterus from external injury or violence so that it may not become displaced. Therefore the correct Brahmin teaching should show the confinement period as one of isolation in which the woman and infant are protected from external disturbances just as patients in a hospital are isolated, and not as a period of impurity as is at present taught by many leaders.

Under the present impurity idea no one cares what kind of attendant the mother has, and she is too often attended by unclean and untrained midwives whereas enlightened persons now know that she should be attended by fully trained midwives and doctors, because untrained attendants are a danger to both mother and child. Nevertheless, the people in general, disregarding the truth of the modern system of neatness and cleanliness, too often observe the wrong policy as heretofore, and it is rather the exception to find trained midwives among the Hindu women, and the women who do this type of work, work mechanically, knowing neither the presentations nor positions, or how to cut and tie the cord, or even the elementary principles of asepsis. We should insist that midwives be required to have a knowledge of asepsis and midwifery, otherwise destruction of many lives will result, and those who are fortunate enough to escape the dangers of childbirth may suffer much from various after ailments. Therefore instead of regarding the confinement room as impure we must consider it rather as a sanatorium, and we should remember that Hindu holy teaching does not lead us to observe uncleanness but rather it teaches us to do everything most hygienically,—in fact the ideas in the holy book correspond to modern ideas.

It need hardly be mentioned that the confinement room should be freely ventilated with windows for free access of both light and air just like a hospital, and it should not be blocked up on all sides so as to prevent the entrance of light as is the case in many an Indian hut inside which it is impossible to distinguish between night and day. The minimum measurement ought to be if possible 18'×6½' and it must be neat and clean with dry floor, and it should contain a bed with mosquito net, and soap and towels for use of midwife and doctor.

The Hindu custom of keeping a fire burning in the confinement room is interesting, and the reasons usually given for this habit are :—

1. Fire is sacred.

2. Fire keeps the room at an even temperature.

3. Fire has the power of destroying foul smells and gases, and by its heat preventing the growth of fungi.

4. Fire can be used for keeping the room especially warm for premature babies to whom cold is fatal.

5. By looking at the fire the child's eyes are trained to tolerate the glare of the sun afterwards, but the fire should be as smokeless as possible, otherwise it may produce eye trouble.

These are the reasons usually put forward, but the actual reason is often really that they believe that fire will prevent the entrance of evil spirits and for this they burn with it some sulphur which incidentally acts as a germicide and an abolisher of foul smells and gases. It can thus be seen that only the 2nd and 4th reasons coincide with our modern reasons for having a fire in the confinement room.

Nowadays we know that many infants die of tetanus, and that the infection often enters by the cut umbilical cord. As a preventative we keep the cord as aseptic as possible, and as treatment, if required, we use anti tetanus serum. In the old days midwives and parents realised that the deaths of many infants were in some way connected with the umbilical cord and usually occurred before it came off and the ulcer healed, so the custom became established of fomenting the cord with mustard oil until the ulcer healed, and during this period of worshipping the Goddess Sasthi that she might protect the child from this evil.

In conclusion I must remark that Hindu religious leaders are too often quite ignorant of how modern ideas in many cases closely correspond to the real theories written in ancient holy books, but which have become altered as time went on by those who taught the people.—*The Burma Medical Times.*

Health is won by a way of life rather than by a bottle of Medicine.—SIR GEORGE NEWMAN.

Health Tit-Bits

We should Eat more Lime.—For many years, Dr. Sherman, the famous professor of chemistry of Teachers College, Columbia University, New York, has been calling attention to the fact that partial lime starvation is a widespread condition in America. It is largely on account of this that the freer use of milk has been urged by all up-to-date dietitians. Lime is needed, not only for the bones, but for the nerves, the blood, the muscles, and the heart. From ten to fifteen grains of lime are needed to make good the daily loss of this element through the kidneys and the bowels. When a lime deficiency exists because of a long-continued shortage of this element in the diet, several times the minimum essential should be added to the daily food intake in order to repair as quickly as possible the damage done by a deficient supply of calcium.

Milk is an excellent source of lime because each ounce contains three-quarters of a grain of it in a form easy to take. A quart of milk will supply 24 grains of lime, or more than 20 times as much as a pound loaf of white bread and ten times as much as a pound of beefsteak.

There are other good sources of lime, particularly the green leaf. Spinach contains nearly half a grain of lime to the ounce, and Mountain Spinach three times as much, as does also paprika, while turnip tops yield two grains to the ounce and mustard greens three grains, or four times as much as milk.

The cow gets the lime that we find in milk from the green grass, clover, and alfalfa on which she feeds, which, like all other green leaves, are rich in lime.

Naturally, then, these are sources of food lime which should not be neglected: besides, it is to be remembered that the green leaf is rich in iron and other food minerals which are essential to health maintenance.—*Good Health. (U. S. A.)*

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The Silent Night.—The Minister of Transport in England has prohibited the use of motor-horns between 11-30 p.m. and 7 a.m. He began with London, putting ?,000 extra police out to enforce the order. Motorists responded to it with zest. Taxi-drivers signalled in silence to the crowds pouring out of the theatres at night, and gardeners drove their lorries to the markets at dawn with no hooting of horns. The anti-honking order has been extended to all populous parts of the country, and England has become one vast zone of silence for seven and half hours every night.—*The Treasure Chest.*

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Alcohol in Hospitals.—There had been a remarkable decline within the past thirty years in the use of alcohol both in hospital and private practice. No alcohol had been used in the Western Fever Hospital, or its ambulance service, for over six years, and there had been no unfavourable effect on the mortality rate or the rapidity of recovery.—*J. D. Rollesten, M.D.,* —*The Indian Temperance News.*